Stress Management

Reduce stress in 30 minutes or less?



The way we live our lives can have a huge impact on the way that we experience stress. This class will introduce you to strategies, resources and techniques for effective stress management. You to visualization, breathing learn how to deal

techniques and you will with negative thoughts.

Biofeedback Sessions

What would you like to improve? Your work performance; your creative efforts; your health; your stress levels; your peace of mind? All of these things are affected by the pace and the intensity of life. Let our biofeedback technology help you break through stress that's preventing you from feeling good, being in control and achieving your goals.

While seated in a comfortable chair, your heart rhythm will be sent from a sensor on one of your fingers to the computer. The software then translates the information into user-friendly graphics displayed at a monitor allowing you to watch in real time how thoughts and emotions affect your heart rhythms. We guide you through the first session.

We recommend you to use the biofeedback machine on a regular basis once a week. With practice you will be able to use the learned techniques in any stress situation, you will control your hearth rhythm.



Breathing techniques help you relax

During stressful situations we rarely stop to think about what is happening within our bodies.

Among the many physiological functions adversely affected by stress is our breathing.

You can, on the other hand, by using the right breathing techniques, learn to be in control of stressful situations and lower the adverse impact of stress.

Visualization is Key!

Visualization relaxation is another word for imagery or guided imagery. Your visualization script for relaxation changes your inner state from anxious or scattered, to peaceful, serene and centered.



"Optimizing Health"